



CAP®

OVER  
**25 YEARS**  
OF EXCELLENCE

Welcome,

Thank you for choosing **CAP** Barbell. We are pleased that we can be a partner in your retail business as well as a partner in your client's physical health.

For over 25 years **CAP** has been a leading distributor and provider of fitness equipment. **CAP** Barbell at its inception only produced free weights and benches, but now carry over 600 products in over 10 different categories.

**CAP** has taken great strides to provide quality products at competitive prices, giving us and our customer a significant advantage in this ever changing market.

With our strategically located distribution centers and our ongoing product analysis, we make purchasing simple and cost effective.

Whether you are a **CAP** product user or simply carry our products in your stores, we thank you for your business.

— Your friends at **CAP** Barbell

#### Our Brands



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## United States Distribution Centers

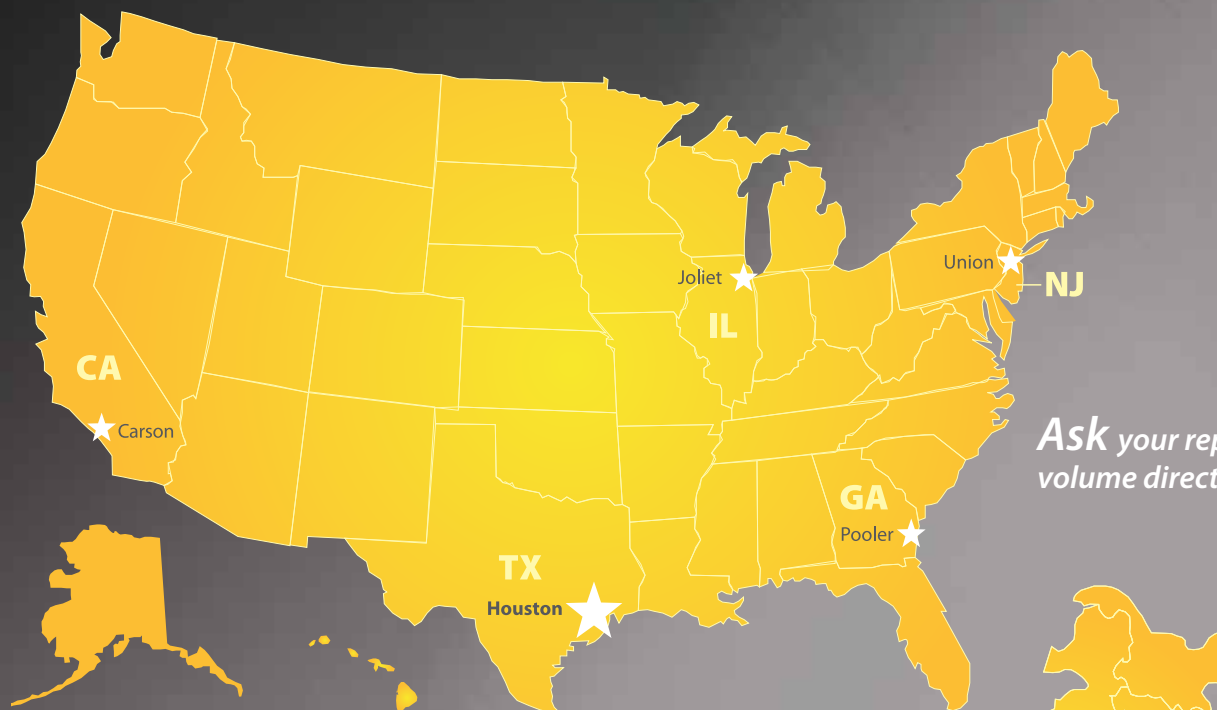
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*Ask your representative for  
volume direct import services.*

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1) All measurements are provided for convenience. Actual product specs may vary slightly. 2) CAP reserves the right to change styles, color or specs without prior notice. 3) Images are for reference. Actual products may vary from images shown. \* The maximum weight capacity is not a claim by CAP Barbell or its affiliates, but is an estimation recommended to be the maximum weight the product can hold safely.

## TABLE OF CONTENTS

	PLATES .....	3
	BARS .....	7
	COLLARS .....	12
	WEIGHT SETS .....	13
	DUMBBELL & KETTLEBELL SETS .....	15
	DUMBBELLS .....	16
	KETTLEBELLS .....	18
	RACKS .....	19
	MATS .....	20
	MACHINE BARS .....	21
	FITNESS / LIFTING ACCESSORIES .....	23
	MANUFACTURING PARTS .....	25
	COMMERCIAL GRADE .....	27
	HOME GYM / BENCHES .....	29
	TONE FITNESS .....	31
	VELOCITY EXERCISE .....	33
<b>FUEL</b>	FUEL PUREFORMANCE .....	35
<b>SELF</b>	SELF .....	37
	RETAIL PLANOGRAM .....	38

# CAP<sup>®</sup> 1" PLATES

CAP's 1" regular plate selection offers a range of products and styles for all tastes and uses.

## Iron Plates



### RP

### H C

#### 1" BLACK PLATES

Machined center hole regular plates w/ baked enamel finish-black.

Weight (lbs)	Diameter (in)	Thickness (in)
1.25	3 7/8	1/2
2.50	4 7/8	9/16
5.00	6 3/8	11/16
7.50	7 3/8	11/16
10.00	8 1/8	13/16
12.50	8 7/8	13/16
20.00	9 13/16	1 1/8
25.00	11 3/16	1
50.00	14 14/16	1 1/2
100.00	17 11/16	2 1/16

### RPG#2

### H

#### 1" GRAY PLATES

Machined center hole regular plates w/ baked enamel finish-gray.

Weight (lbs)	Diameter (in)	Thickness (in)
1.25	3 7/8	1/2
2.50	4 7/8	9/16
5.00	6 3/8	11/16
7.50	7 3/8	11/16
10.00	8 1/8	13/16
12.50	8 7/8	13/16
20.00	9 13/16	1 1/8
25.00	11 3/16	1
50.00	14 14/16	1 1/2

# CAP<sup>®</sup> 1" PLATES



## RPRR

H

### 1" SOLID RUBBER COATED PLATES

Machined center hole regular plates w/ rubber coating.

Weight (lbs)	Diameter (in)	Thickness (in)
2.50	5	1
5.00	6 5/8	1
7.50	7 3/4	1 1/8
10.00	9 1/4	1 1/8
25.00	14 3/8	1 1/8



## RWP

H

### 1" 3 HOLE GRIP PLATES

Machined center hole grip plates w/ baked enamel finish.

Weight (lbs)	Diameter (in)	Thickness (in)
2.50	5 1/8	5/8
5.00	6 1/2	3/4
10.00	8 1/2	1
25.00	11 1/4	1 1/4

## CAP 1" plate racks

### RK-G19A 1" PLATE & BAR RACK



### RK-1B 1" PLATE RACK



H = Home

I = Institutional

C = Commercial

# CAP<sup>®</sup> 2" PLATES

CAP's 2" plates are a standard part of any advanced training regimen. We offer a number of styles to choose from. All of CAP's 2" plates are machined for accuracy.



OP

H I C



## 2" BLACK PLATES

Machined 2" plates with baked enamel finish-black.

Weight (lbs)	Diameter (in)	Thickness (in)
2.50	6 1/4	1/2
5.00	8	3/4
10.00	9	7/8
25.00	10 3/4	1 1/2
35.00	14	1 1/4
45.00	17 3/4	1 1/4
100.00	17 3/4	2 1/2



OPG#2

H



## 2" GRAY PLATES

Basic 2" plate with baked enamel finish.

Weight (lbs)	Diameter (in)	Thickness (in)
2.50	6 1/4	1/2
5.00	8	3/4
10.00	9	7/8
25.00	10 3/4	1 1/2
35.00	14	1 1/4
45.00	17 3/4	1 1/4

# CAP<sup>®</sup> 2" PLATES



**OPHW H**



## 2" GRIP PLATES

2" Grip plate with oversized grip areas and baked enamel finish.

Weight (lbs)	Diameter (in)	Thickness (in)
2.50	5 7/8	5/8
5.00	7 13/16	3/4
10.00	9 5/8	7/8
25.00	11 5/8	1 3/8
35.00	14 13/16	1 7/16
45.00	17 3/16	1 3/8



**OPHR I C**



## 2" RUBBER COMMERCIAL GRIP PLATES

Virgin rubber encased grip plate reduces noise and damage to floors & equipment.

Weight (lbs)	Diameter (in)	Thickness (in)
2.50	6 5/8	7/8
5.00	9	1
10.00	11 7/16	1 1/8
25.00	13 3/4	1 1/2
35.00	15	1 3/4
45.00	17 11/16	2



**OPHG H**



## 2" GRIP PLATES

2" Grip plate with oversized grip areas and baked enamel finish.

Weight (lbs)	Diameter (in)	Thickness (in)
2.50	5 7/8	5/8
5.00	7 13/16	3/4
10.00	9 5/8	7/8
25.00	11 5/8	1 3/8
35.00	14 13/16	1 7/16
45.00	17 3/16	1 3/8



# CAP® 1" BARS

RB

H

## REGULAR BARS

1" Solid chromed bars with smooth ends.



**RB-60** 5 ft(1524 mm) Wt. Cap.\*: 200 lbs Lt. b/w Col: 36 in(914 mm) Dia: 1"(25.6 mm)



**RB-72** 6 ft(1829 mm) Wt. Cap.\*: 250 lbs Lt. b/w Col: 42 in(1067 mm) Dia: 1"(25.6 mm)



**RB-84** 7 ft(2134 mm) Wt. Cap.\*: 250 lbs Lt. b/w Col: 52 in(1321 mm) Dia: 1"(25.6 mm)

RB-T

H

## REGULAR BARS - THREADED

1" Solid chromed bars with threaded ends.  
Collars included.



**RB-60T** 5 ft(1524 mm) Wt. Cap.\*: 200 lbs Lt. b/w Col: 36 in(914 mm) Dia: 1"(25.6 mm)



**RB-72T** 6 ft(1829 mm) Wt. Cap.\*: 250 lbs Lt. b/w Col: 42 in(1067 mm) Dia: 1"(25.6 mm)



SDAB

## BOXED PAIR OF 14" DUMBBELL HANDLES

2pcs/1 pair of handle. Available in threaded and smooth ends.

SDAB-14

SDAB-14T



SDA-14

H

## 14" DUMBBELL HANDLE

Made of solid chromed steel w/ smooth ends.

Weight (lbs)	Capacity* (lbs)	Lgth b/w Col (in)
3.3	100	4 1/2



SDA-14T

H

## 14" DUMBBELL HANDLE

Made of solid chromed steel w/ smooth ends.

Weight (lbs)	Capacity* (lbs)	Lgth b/w Col (in)
4.4	100	4 1/2

# CAP® 1" BARS

## RB-48 H

### 1" SOLID CHROMED 48" SUPER CURL BAR

Made of solid chromed steel w/ smooth ends.

Wt. (lbs)	Cap.* (lbs)	Lgth b/w Col (in)	Dia (mm)
12	200	32 1/2	25.6

## RB-48T H

### 1" SOLID CHROMED 48" SUPER CURL BAR

Made of solid chromed steel w/ threaded ends. Collars included.

Wt. (lbs)	Cap.* (lbs)	Lgth b/w Col (in)	Dia (mm)
13	200	32 1/2	25.6

## RB-47 H

### 1" SOLID CHROMED 47" EZ CURL BAR

Made of solid chromed steel w/ smooth ends.

Wt. (lbs)	Cap.* (lbs)	Lgth b/w Col (in)	Dia (mm)
11	200	31 1/4	25.6

## RB-47T H

### 1" SOLID CHROMED 47" EZ CURL BAR

Made of solid chromed steel w/ threaded ends. Collars included.

Wt. (lbs)	Cap.* (lbs)	Lgth b/w Col (in)	Dia (mm)
11.6	200	31 1/4	25.6

RB-48

RB-48T

RB-47

RB-47T

## RB-34T H

### 1" SOLID CHROMED 34" TRICEP BAR

Made of solid chromed steel w/ threaded ends. Collars incl.

Wt. (lbs)	Cap.* (lbs)	Lgth b/w Col (in)	Dia (mm)
16.6	200	19 1/4	25.6



## RB-34S H

### 1" SOLID CHROMED 34" TRICEP BAR

Made of solid chromed steel w/ smooth ends.

Wt. (lbs)	Cap.* (lbs)	Lgth b/w Col (in)	Dia (mm)
16	200	10 1/4	25.6

\* The maximum weight capacity is not a claim by CAP Barbell or its affiliates, but is an estimation recommended to be the maximum weight the product can hold safely.

# CAP<sup>®</sup> 2" BARS



**OB-34S**

**H**

## 2" SOLID CHROMED 34" TRICEP BAR

Made of solid chromed steel.  
Collars included.

Wt. (lbs)	Cap.* (lbs)	Lgth b/w Col (in)
23	200	19 1/4



**OB-20**

**H**

## 2" SOLID 20" DUMBBELL HANDLE

Made of solid chromed steel.  
Comes with 2 collars.

Wt. (lbs)	Cap.* (lbs)	Lgth b/w Col (in)
13	150	4 3/4



**OB-47**

**H**

## 2" SOLID CHROMED 47" EZ CURL BAR

Made of solid chromed steel. Comes w/ 2 collars.

Wt. (lbs)	Cap.* (lbs)	Lgth b/w Col (in)
20	200	31 1/4



## OB H OLYMPIC BARS 2" Solid bars

**OB-60** 5 ft (1524 mm) Wt. Cap.\*: 500 lbs Length b/w Col: 36.5 in (1321 mm) Bar Dia: 1.2" (30.2 mm)

**OB-72** 6 ft (1829 mm) Wt. Cap.\*: 500 lbs Length b/w Col: 46.5 in (1181 mm) Bar Dia: 1.2" (30.2 mm)

**OB-85** 7 ft (2134 mm) Wt. Cap.\*: 500 lbs Length b/w Col: 51.5 in (1308 mm) Bar Dia: 1.2" (30.2 mm)

**OB-85B** 7 ft (2134 mm) Wt. Cap.\*: 500 lbs Length b/w Col: 51.5 in (1308 mm) Bar Dia: 1.2" (30.2 mm)



**OB-48**

**H**

## 2" SOLID CHROMED 48" SUPER CURL BAR

Made of solid chromed steel. Comes w/ 2 collars.

Wt. (lbs)	Cap.* (lbs)	Lgth b/w Col (in)
20	200	32 1/2

\* The maximum weight capacity is not a claim by CAP Barbell or its affiliates, but is an estimation recommended to be the maximum weight the product can hold safely.

# CAP®

## 2" POWER BARS



OB-86B		C I	OB-86PB		C I	OB-86PBCK		C I	OB-86PBCK2000		C I	OB-86PBSZ		C I	OB-73UL		C I	OB-73AL		C I
2" SOLID BLACK BAR W/ SILVER ZINC SLEEVES			2" SOLID BLACK POWER BAR			2" SOLID POWER SQUAT BAR			2" HEAVY DUTY 2000LBS POWER BAR			2" SILVER ZINC POWER BAR			2" ULTRA-LITE BAR			2" ALUMA-LITE BAR		
Weight	44 lbs		Weight	44 lbs		Weight	44 lbs		Weight	44 lbs		Weight	44 lbs		Length	6 ft (1829 mm)		Length	6 ft (1829 mm)	
Length	7 ft (2135 mm)		Length	7 ft (2135 mm)		Length	7 ft (2135 mm)		Length	7 ft (2135 mm)		Length	7 ft (2135 mm)		Inside Lt.	51.5" (1308 mm)		Inside Lt.	51.5" (1308 mm)	
Inside Lt.	51.5" (1308 mm)		Inside Lt.	51.5" (1308 mm)		Inside Lt.	51.5" (1308 mm)		Inside Lt.	51.5" (1308 mm)		Inside Lt.	51.5" (1308 mm)		Bar Wt	30 lbs		Bar Wt	15 lbs	
Bar Dia	28.5 mm		Bar Dia	28.5 mm		Bar Dia	28.5 mm		Bar Dia	30 mm		Bar Dia	28.5 mm		Capacity*	250 lbs		Capacity*	150 lbs	
Bar Wt	45 lbs		Bar Wt	45 lbs		Bar Wt	44 lbs		Bar Wt	48 lbs		Bar Wt	45 lbs							
Capacity*	1200 lbs		Capacity*	1500 lbs		Capacity*	1500 lbs		Capacity*	2000 lbs		Capacity*	1500 lbs							
Yield	120,000 psi		Yield	110,000 psi		Yield	110,000 psi		Yield	165,000 psi		Yield	110,000 psi							
Tensile	130,000 psi		Tensile	150,000 psi		Tensile	150,000 psi		Tensile	190,000 psi		Tensile	150,000 psi							
						Features	Central Knurling		Features	Central Knurling										

\* The maximum weight capacity is not a claim by CAP Barbell or its affiliates, but is an estimation recommended to be the maximum weight the product can hold safely.

# CAP<sup>®</sup> 2" SPECIALTY BARS

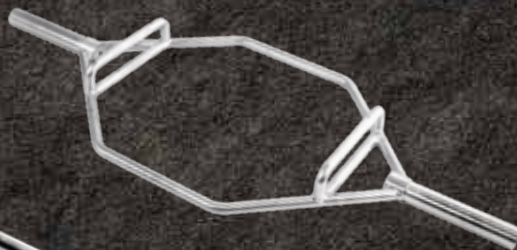


**OB-88HZ** **CI**

## 2" ZINC PLATED HIGH HEX BAR

Hex bar with 1" hand grip.

Weight (lbs)	49.5
Capacity (lbs)	500.0
Inside Lt (in)	24.5
Inside Width (in)	23.5
Length (in)	56.0



**OB-89HZ** **CI**

## 2" ZINC PLATED COMBO HEX BAR

Hex bar with 1" hand grip.

Weight (lbs)	66.0
Capacity (lbs)	750.0
Inside Lt (in)	24.5
Inside Width (in)	23.5
Length (in)	56.0



**OB-90HZ** **CI**

## 2" ZINC PLATED HEX BAR

Hex bar with 1" hand grip.

Weight (lbs)	57.2
Capacity (lbs)	1000.0
Inside Lt (in)	24.5
Inside Width (in)	23.5
Length (in)	56.0



**OB-91HZ** **CI**

## 2" ZINC PLATED MEGA HEX BAR

Hex bar with 1.25" hand grip.

Weight (lbs)	88.0
Capacity (lbs)	1000.0
Inside Lt (in)	24.5
Inside Width (in)	23.5
Length (in)	56.0

**OB** **CI**  
**DELUXE BLACK BARS**



**OBT-57B** Wt. Cap.: 800 lbs Length b/w Col: 36 in(914 mm) Dia: 30 mm



**OBT-60B** Wt. Cap.: 800 lbs Length b/w Col: 40 in(1016 mm) Dia: 30 mm



### RB/OB Packaging

Many of CAP's 1" and 2" bars are available in retail packaging. Please ask your account executive for details.



## OC

### COLLARS FOR 2" BARS

- A. OC-01 Spin collar.
- B. OC-06 2" Chromed spring clip collar. Also available in 1 pair pack (OC-06A).
- C. OC-11 Muscle clamp; 1 pair pack.

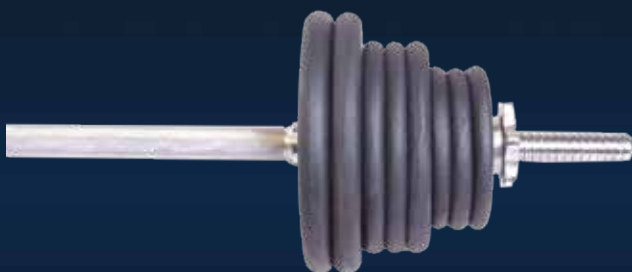


## RC

### COLLARS FOR 1" BARS

- 1. RC-03 Regular 0.55 lbs. black collar.
- 2. RC-07 Chromed collar with T screw.
- 3. RC-06 Chromed spring clip collar. Also available in 1 pair pack (RC-06A).

# CAP® 1" WEIGHT SETS



## RS-100T

H

### REGULAR BLACK 100 LBS. WEIGHT SET

#### Contents:

Bars	1 x RB-57T
Dumbbell Handles	N/A
Plates	6 x RP-002.5 6 x RP-005 4 x RP-010
Collars	2 x RC-10



## RSG-110T

H

### REGULAR GRAY 110 LBS. WEIGHT SET

#### Contents:

Bars	1 x RB-57T
Dumbbell Handles	2 x Dumbbell Handles
Plates	6 x RPG-002.5#2 6 x RPG-005#2 4 x RPG-010#2
Collars	4 x RC-10



## RSG-160T

H

### 1" GRAY 160 LBS SET WITH THREADED ENDS

#### Contents:

Bars	1 x RB-72T
Dumbbell Handles	2 x Dumbbell Handles
Plates	6 x RPG-002.5#2 6 x RPG-005#2 4 x RPG-010#2 2 x RPG-025#2
Collars	4 x RC-10

Many weight set configurations are possible.  
Ask you CAP Account Executive for details.

**CAP**

2" WEIGHT SETS



**OS-300#2 H C**

**BLACK ENAMEL 2"  
300 LBS. WEIGHT SET**

Contents:

Bars	OB-85E
Plates	2 x OP-002.5 4 x OP-005 2 x OP-010 2 x OP-025 2 x OP-035 2 x OP-045
Collars	2 x OC-O6B



**OSG-300#2 H C**

**HAMMERTONE 2"  
300 LBS WEIGHT SET**

Contents:

Bars	OB-85E
Plates	2 x OPG-002.5 4 x OPG-005 2 x OPG-010 2 x OPG-025 2 x OPG-035 2 x OPG-045
Collars	2 x OC-O6B



**OSHW-300 H**

**CAP 2" 300 LBS BLACK  
GRIP PLATE SET**

Contents:

Bars	OB-85E
Plates	2 x OPHW-002.5 4 x OPHW-005 2 x OPHW-010 2 x OPHW-025 2 x OPHW-035 2 x OPHW-045
Collars	2 x OC-O6B



**OSHR-300 I C**

**CAP 2" 300 LBS BLACK  
RUBBER GRIP PLATE SET**

Contents:

Bars	OB-85
Plates	2 x OPHR-002.5 4 x OPHR-005 2 x OPHR-010 2 x OPHR-025 2 x OPHR-035 2 x OPHR-045
Collars	2 x OC-O6B

OS-300#2 & OSG-300#2: Economy version also available. Please ask for details.

\*Also available OSHW-210



### RSWB-40TP

H

#### 40 LBS DUMBBELL SET WITH PLASTIC CASE

##### Contents:

Handles	2 x Dumbbell Handles
Plates	4 x RPWB-002.5 4 x RPWB-005
Collars	4 x Collars



### SDNHS-TN020

H

#### HOURGLASS DUMBBELL SET WITH PLASTIC RACK

##### Contents:

2 x SDNH-TN002
2 x SDNH-TN003
2 x SDNH-TN005
1 x Plastic Rack



### RSV-105

H

#### 100 LBS VINYL BARBELL SET

##### Contents:

2 x RPV-025
2 x RPV-015
2 x RPV-010
1 x 2pc Bar
2 x Spring Clip Collars



### SDKCS-TN030

H

#### VINYL KETTLEBELL SET

##### Contents:

1 x SDKC-TN005
1 x SDKC-TN010
1 x SDKC-TN015
1 x Instructional DVD
1 x Exercise Chart



### SDKCBS-CB030

H

#### 30 LBS KETTLEBELL SET

##### Contents:

1 x SDKCB-CB005
1 x SDKCB-CB010
1 x SDKCB-CB015
1 x Exercise Chart

## COMMERCIAL GRADE / CHROME DUMBBELLS



**SDCG**

**H C**

**CHROMED SOLID  
DUMBBELLS WITH  
CONTOURED HANDLES**

High polish heads w/ contour handles.

3 lbs, 5 lbs, 8 lbs, 10 lbs, 12 lbs, 15 lbs,  
20 lbs – 50 lbs in increments of 5.



**SDC**

**H C**

**CHROMED SOLID  
DUMBBELLS**

High polished chromed dumbbells w/  
straight handles.

3 lbs, 5 lbs, 8 lbs, 10 lbs, 12 lbs, 15 lbs,  
20 lbs – 50 lbs in increments of 5.



**SDRC**

**C**

**RUBBER ENCASED  
COMMERCIAL DUMBBELLS**

Commercial dumbbells, bolted and  
welded for exceptional durability.

5 lbs, 10 lbs, 15 lbs, 20 lbs to 120 lbs in  
increments of 5.

# CAP<sup>®</sup> DUMBBELLS



\*Image for reference only. Colors subject to change.

## SDV H C

### VINYL DUMBBELLS

Coated with durable, thick, easy to clean vinyl. Excellent for group classes or gym use.

Weight (lbs)	Weight (kg)
1.00	0.45
2.00	0.90
3.00	1.30
4.00	1.80
5.00	2.20
6.00	2.70
7.00	3.10
8.00	3.60
9.00	4.00
10.00	4.50

Availability and colors subject to change.



## SDN3 H C

### NEOPRENE DUMBBELLS

Coated with durable, thick, easy to clean neoprene. Multi colors perfect for gyms and home use.

Weight (lbs)	Weight (kg)	Color
1.00	0.45	Pink
2.00	0.90	Plum
3.00	1.30	Bright Green
4.00	1.80	Blue
5.00	2.20	Royal Blue
6.00	2.70	Lemongrass
7.00	3.10	Purple
8.00	3.60	Red
9.00	4.00	Black
10.00	4.50	Gray



## SDNH H

### HOURLASS DUMBBELLS

Coated with durable, thick, easy to clean neoprene.

Weight (lbs)	Weight (kg)	Color
2.00	0.90	Magenta
3.00	1.40	Green
5.00	2.30	Purple



## SDG H

### HEXAGON SOLID GRAY DUMBBELLS

5 lbs – 120 lbs in increments of 5.  
1 lb, 2 lbs, 3 lbs, 8 lbs and 12 lbs also available.



## SDP H I C

### COATED DUMBBELL WITH CHROMED ERGONOMIC HANDLES

5 lbs, 8 lbs, 10 lbs, 12 lbs, 15 lbs,  
20 lbs – 50 lbs in increments of 5.



## SDR H I C

### RUBBER COATED DUMBBELL WITH CHROMED ERGONOMIC HANDLES

3 lbs, 5 lbs, 8 lbs, 10 lbs, 12 lbs, 15 lbs,  
20 lbs – 120 lbs in increments of 5.



## SDKCB H

### BLACK KETTLEBELLS

Coated with durable, thick, easy to clean vinyl.

Weight (lbs)	Weight (kg)	Color
5.00	2.30	Black
10.00	4.50	Black
15.00	6.80	Black
20.00	9.00	Black



## SDK2 H I C

### KETTLEBELLS

Polished black finish. Also available in 10 lbs – 50 lbs, in increments of 5. 60 lbs, 70 lbs and 80 lbs also available.



## SDKC H

### VINYL KETTLEBELLS

Coated with durable, thick, easy to clean vinyl.

Weight (lbs)	Weight (kg)	Color
5.00	2.30	Pink
7.50	3.40	Green
10.00	4.50	Blue
15.00	6.80	Purple



## SDKBG H

### SOFT KETTLEBELL

Patented. Soft kettlebell design. Perform kettlebell exercises safely with CAP's new soft kettlebell. Available in 5, 10, 15, 20 lbs. Solid handle provides firm grip.



## SDKBG-N H C

### NYLON WEIGHT BAG

Patented. Part dumbbell part kettlebell. CAP's new weighted bag offers a twist on iron. Soft design will not damage floors or users. Available in 5, 10, 15, 20 lbs.

# CAP® RACKS



## 4 SIDED VERTICAL DUMBBELL RACK H I C

	Holds	Wt. (lbs)	Length (in)	Width (in)	Height (in)	Capacity (lbs)
RK-17	5 lbs-30 lbs SDG, SDCG, SDR	79.0	23.6	23.6	37.4	750

RK-17



RK-18

## 2 SIDED VERTICAL DUMBBELL RACK H I C

	Holds	Wt. (lbs)	Length (in)	Width (in)	Height (in)	Capacity (lbs)
RK-18	5 lbs-30 lbs SDG, SDCG, SDR	64.0	23.6	11.0	37.4	500



RK-G19A



RK-G19B

## PLATE AND BAR STORAGE RACK H

	Holds	Wt. (lbs)	Length (in)	Width (in)	Height (in)	Capacity (lbs)
RK-G19A	1" series & RB	20.0	29.5	20.6	30.5	300
RK-G19B	2" series & OB	18.0	22.4	12.0	25.2	500



RK-G3D



RK-G2B



RK-G1B

## PLATE RACK WITH OVAL TUBING H

	Holds	Wt. (lbs)	Length (in)	Width (in)	Height (in)	Capacity (lbs)
RK-G1B	1" Plates	12.0	22.5	12.0	25.2	300
RK-G2B	2" Plates	15.0	19.7	12.0	29.7	300
RK-G3D	SDG, SDR, SDC, SDGF, SDCG	20.3	24.8	16.1	22.8	500



RK-1



RK-2A



RK-2B



RK-1B

## PLATE TREE H

	Holds	Wt. (lbs)	Length (in)	Width (in)	Height (in)	Capacity (lbs)
RK-1	1" Plates	24.0	22.5	18.0	37.0	500
RK-2A	2" Plates	29.0	22.0	18.0	37.0	500
RK-1B	1" Plates	11.0	19.5	12.0	25.0	300
RK-2B	2" Plates	15.0	20.0	12.0	30.0	300



RK-12B



RK-12



## 'A' FRAME DUMBBELL RACK H C

	Holds	Wt. (lbs)	Length (in)	Width (in)	Height (in)	Capacity (lbs)
RK-12	5lbs – 30lbs SDG, SDCG, SDGF, SDC, SDR, SDN2	31.0	20.5	16.0	33.0	300
RK-12B	5lbs – 25lbs SDG, SDC, SDCG, SDR, SDP, SDPU, SDN2	9.0	15.0	13.0	26.0	200



RK-3D



RK-3E



RK-3

## TIER DUMBBELL RACK H

	Tiers	Holds	Wt. (lbs)	Length (in)	Width (in)	Height (in)	Capacity (lbs)
RK-3	2 (50")	SDG, SDR, SDCG, SDPU	58.0	54.0	18.5	26.0	1000
RK-3E	3 (48")	SDG, SDR, SDCG, SDPU	73.0	53.0	24.0	32.5	2000
RK-3D	2 (20")	SDG, SDR, SDCG, SDPU	20.3	24.8	16.1	22.8	500

A GREAT ADDITION TO ANY WEIGHT SHIPMENT!

# CAP<sup>®</sup> MATS



## RUBBER MATS

H C

Item #	Dimensions (in)	Coverage	Pallet Qty	Weight/Ea	Weight/Mstr
MT-8264	72 x 48 x 3/8	24 sq ft	40 pcs/pallet	59 lbs	2400 lbs



## TREADMILL/EQUIPMENT MATS

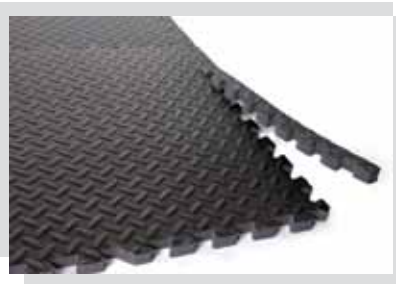
H

High quality PVC mats perfect for treadmills, ellipticals, as well as racks and dumbbells.

Item #	Dimensions (in)	Coverage	Carton Qty	Weight/Ea	Weight/Mstr
MT-9563	36 x 78 x 1/4	19 sqft	6 pcs/Upright PDQ	9 lbs	36 lbs
MT-9543	36 x 48 x 1/4	12 sqft	6 pcs/Upright PDQ	6 lbs	24 lbs
MT-9463A	36 x 72 x 1/4	18 sqft	6 pcs/Upright PDQ	9 lbs	36 lbs



Treadmill/Equipment Mat PDQ



## PUZZLE MATS

H

Item #	Dimensions (in)	Pieces	Coverage	Carton Qty	Weight/Ea	Weight/Mstr	Edges
MT-1112AM	12 x 12 x 1/2	12 pcs	12 sq ft	12 sets/carton	3 lbs	36 lbs	No
MT-1206AM	24 x 24 x 1/2	6 pcs	24 sq ft	4 sets/carton	6 lbs	24 lbs	Yes
MT-2206AM	24 x 24 x 3/4	6 pcs	24 sq ft	4 sets/carton	10 lbs	44 lbs	Yes
MT-2112AM	12 x 12 x 3/4	12 pcs	12 sq ft	12 sets/carton	4 lbs	54 lbs	Yes



## DELUXE FOLDING FOAM EXERCISE MAT

H

Item #	Dimensions (in)	Carton Qty	Weight/Ea	Weight/Mstr
MT-9362 ★	72 x 24 x 1 1/2	5 pcs/Carton	10 lbs	53 lbs
MT-9205	120 x 60 x 1 1/2	2 pcs/Carton	16 lbs	44 lbs
MT-9262	72 x 24 x 1 1/2	4 pcs/Carton	4 lbs	24 lbs
MT-9363 ★	72 x 36 x 1 1/2	4 pcs/Carton	13 lbs	63 lbs
MT-9284	96 x 45 x 1 1/2	2 pcs/Carton	14 lbs	28 lbs

★ = Premium



Our series of cable attachments are high polished and precisely knurled from quality cold rolled steel for years of use. Rubber ends and handles help prevent damage to users and equipment.



## CHROMED STRAIGHT BARS H I C

Item #	Description	Dimensions (in)	Weight (lbs)
MB-020R	20" Economy solid bar with revolving hanger	20.0 (Length)	5.1



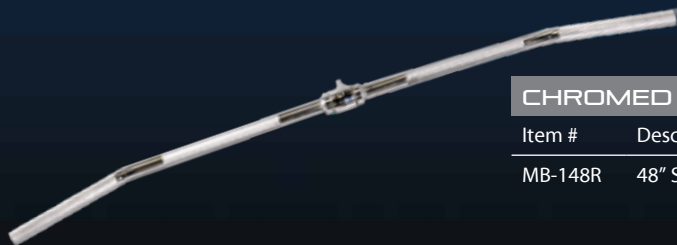
## CHROMED V-SHAPE TRICEP PRESS DOWN BAR H I C

Item #	Description	Dimensions (in)	Weight (lbs)
MB-320	20" Bar	2.0 (Length)	6.0



## CHROMED CURL BARS H I C

Item #	Description	Dimensions (in)	Weight (lbs)
MB-228R	28" Solid curl bar with revolving hanger economy	28.0 (Length)	7.0



## CHROMED LAT BARS H I C

Item #	Description	Dimensions (in)	Weight (lbs)
MB-148R	48" Solid bar with revolving hanger	48.0 (Length)	11.9



MB-501



MB-502

## CHROMED CABLE ATTACHMENTS H I C

Item #	Description	Dimensions (in)	Weight (lbs)
MB-501	Economy solid single D handle	5.75 x 6.0	1.8
MB-502	Economy solid double D handle	7.0 x 5.25 x 5.0	3.9



MBT-428R



MB-434R



MB-424R

## CHROMED LAT BARS H I C

Item #	Description	Dimensions (in)	Weight (lbs)
MBT-428R	28" Solid Cambered Bar w/ Revolving Hanger	28.0	9.7
MB-434R	34" Straight Bar w/ Revolving Hanger	34.0	10.2
MB-424R	24" Straight Bar w/ Revolving Hanger	24.0	8.0



MBB-504



MBB-501

A selection of our MB bars are packaged ready for retail shelves.



### DELUXE CABLE ATTACHMENTS

Item #	Description	Dimensions (in)	Weight (lbs)
A	MBR-148R 48" Lat bar with Rubber Handgrips & Revolving Hanger	48.0 L	12.1
B	MBR-136R 36" Lat bar with Rubber Handgrips & Revolving Hanger	36.0 L	9.7
C	MBR-228R 28" Curl bar with Rubber Handgrips & Revolving Hanger	28.0 L	8.0
D	MBR-438R 38" Cambered Pro-Style Bar	38.0 L	13.0
E	MBR-424R 24" Straight Pro-Style Bar	24.0 L	10.0
F	MBR-020R 20" Straight Bar with Rubber Handgrips & Revolving Hanger	20.0 L	5.5
G	MBR-503R Multi-Exerciser with Rubber Handgrips & Revolving Hanger	17.0 x 8.0 x 8.0	8.6
H	MBR-502 Double D Handle with Rubber Handgrips	7.0 x 6.0 x 5.0	4.4
I	MBR-506 Deluxe Single D Handle with Rubber Handgrips	8.0 x 7.0 x 2.0	2.8
J	MBR-501 Single D Handle with Rubber Handgrips	7.0 x 5.5 x 2.0	1.7
K	MBR-320 Tricep Press Down Bar with Rubber Handgrips	23.0 L	7.0
L	MBR-322R Revolving V-Bar with Rubber Handgrips	17.0 x 9.0 x 2.0	5.9
M	MBR-504 Tricep Press Down Bar with Rubber Hand Grips	13.0 x 7.0 x 3.0	5.0

### CHROMED CABLE ATTACHMENTS

Item #	Description	Dimensions (in)	Weight (lbs)
MB-503R	Economy Multi-exerciser Bar	13.0 x 6.5 x 7.8	6.3
MBT-505	Solid Double Stirrup Handle	11.5 x 5.5 x 7.0	3.7
MB-504	Triceps Press Bar	11.0 x 2.5 x 7.0	3.9
MB-ROPE	Deluxe Tricep Rope	28.0	2.0



**HHWV-CB020A**

20 LBS ADJUSTABLE  
CONDITIONING VEST



**HHA-CB005A1**

5 LBS ADJUSTABLE  
ANKLE WEIGHT



**HHA-CB010A1**

10 LBS ADJUSTABLE  
ANKLE WEIGHT



**HHA-CB020A1**

20 LBS ADJUSTABLE  
ANKLE WEIGHT



**HHG-CB001**

HAND GRIPS

4.5 mm Med. Tension



HHKS-42  
Shown

**HHKC-RK6**

MEDICINE BALL  
SPINAL RACK

Medicine Balls not included.



**HHE-002A**

DOORWAY GYM

2pc Bar



**HHC-CB4**

AB EXERCISER



**HHS-001**

SOLAR SUIT

One size fits most.



**HHY-004A**

YOGA MAT SET 3/16"  
20 PCS/CARTON

Gross Weight: 59 lbs  
Dimensions: 58 x 46 x 30 cm  
Contents: 10 x Blue & 10 x Green



**HHE**

BODY BALL WITH PUMP

Item #	Diameter (cm)	Color
HHE-S55P	55	Pearl
HHE-S65B	65	Blue



**HHDB**

WORKOUT BAR

item #	Weight (lbs)	Color
HHDB-005	5.0	Canary
HHDB-008	8.0	Green
HHDB-010	10.0	Red
HHDB-012	12.0	Blue
HHDB-015	15.0	Purple
HHDB-020	20.0	Black



**HHKC**

RUBBER MEDICINE BALL

item #	Weight (lbs)	Color
HHKC-002	2.0	Green
HHKC-004	4.0	Purple
HHKC-006	6.0	Blue
HHKC-008	8.0	Yellow
HHKC-010	10.0	Red
HHKC-012	12.0	Grey

Lifting accessories are a must for targeted muscle group exercises. CAP's quality lifting accessories are suited for lifters of any and all degrees.

# CAP®

## LIFTING ACCESSORIES

### MA-307

#### LEATHER HEAD HARNESS

Weight: 2 lbs  
Capacity\*: 75 lbs  
# in Carton: 25 pcs  
Dimensions: N/A



### MATB-403

#### NYLON CRUNCH STRAP

Weight: 2 lbs  
Capacity\*: 150 lbs  
# in Carton: 25 pcs  
Dimensions: N/A  
1 pc. Boxed



### MATB-CB409

#### WRIST EXERCISER

Weight: 2 lbs  
Capacity\*: 100 lbs  
# in Carton: 20 pcs  
Dimensions: N/A  
1 pc. Boxed



### HHD-FS001

#### AB SLING

Weight: 0.5 lbs  
Capacity\*: 300 lbs  
# in Carton: 100 pcs  
Dimensions: N/A  
1 pair in polybag



### MA-308

#### LEATHER ANKLE STRAP

Weight: 0.5 lbs  
Capacity\*: 250 lbs  
# in Carton: 100 pcs  
Dimensions: N/A



### MATB-404

#### NYLON ANKLE STRAP

Weight: 0.5 lbs  
Capacity\*: 250 lbs  
# in Carton: 100 pcs  
Dimensions: N/A  
1 pc. Boxed



### MAB-101

#### ARM BLASTER

Weight: 1.23 lbs  
Capacity\*: N/A  
# in Carton: 1 pc  
Dimensions: 4"x23"x4"  
1 pc. Boxed



### HHSA-CB010

#### WRIST WRAP

Weight: 1 lb  
# in Carton: 50 pcs  
Dimensions: N/A  
1 pc. Boxed



### MA-325

#### LEATHER TRICEP STRAP

Weight: 1 lb  
Capacity\*: 150 lbs  
# in Carton: 50 pcs  
Dimensions: N/A



### MATB-405

#### NYLON LAT VHOOKS

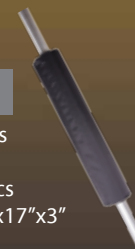
Weight: 1 lb  
Capacity\*: 350 lbs  
# in Carton: 50 pcs  
Dimensions: N/A  
1 pc. Boxed



### MAB-105

#### BAR PAD

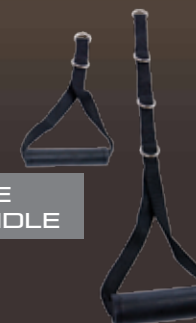
Weight: 0.44 lbs  
Capacity\*: N/A  
# in Carton: 1 pc  
Dimensions: 3"x17"x3"  
1 pc. Boxed



### MA-381 / MA-382

#### COMMERCIAL GRADE NYLON SINGLE HANDLE

Weight: 1 lb / 1 lb  
Capacity\*: 300 lbs / 300 lbs  
# in Carton: 100 pcs  
Dimensions: 12 in / 28 in  
1 pc. Bagged / 1 pc Bagged



### HHSA-CB020

#### KNEE WRAP

Weight: 1 lb  
# in Carton: 50 pcs  
Dimensions: N/A  
1 pc. Boxed



### MA-330

#### LEATHER DIP BELT

Weight: 1 lb  
Capacity\*: 75 lbs  
# in Carton: 25 pcs  
Dimensions: N/A



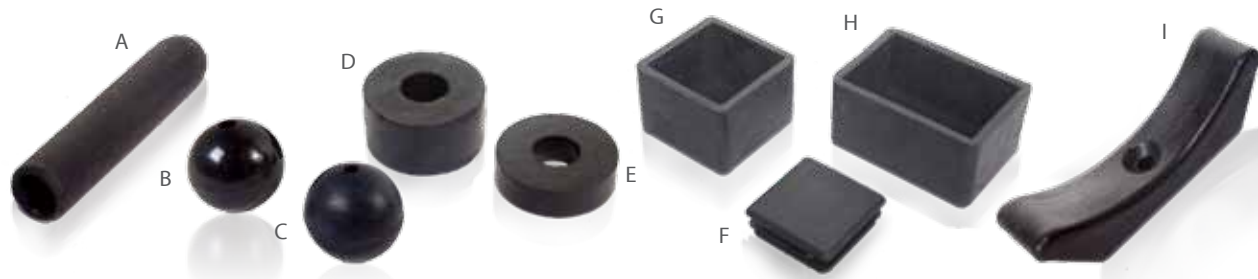
### MATB-407

#### NYLON TRICEP HANDLE

Weight: 2 lbs  
Capacity\*: 150 lbs  
# in Carton: 25 pcs  
Dimensions: N/A  
1 pc. Boxed



\* The maximum weight capacity is not a claim by CAP Barbell or its affiliates, but is an estimation recommended to be the maximum weight the product can hold safely.



Item #	Description
A MA-140	6" Rubber Grips
B MAT-514BR	1 3/4" Black Rubber Cable Stopper; fits all cables
C MAT-515B	1 3/4" Black Plastic Cable Stopper; fits all cables
D MA-109	1 1/2" Rubber Cushion
E MA-109A	3/4" Rubber Cushion
F MA-601	2" Plastic Inner End Cap
G MAT-604R	2" Rubber Outer End Cap
H MAT-605R	2" x 3" Rubber Outer End Cap
I MAT-103A	Plastic Dumbbell Saddle



Item #	Description
1 MAT-503	3" Spring Cushion
2 MAT-520	3/8" Diamond Knurled Pop Pin
3 MAT-502	1/2" Stem/Cable Connector
4 MAT-505	3/16" Triple Screw Cable Retainer
5 MAT-506	1/4" Triple Screw Cable Retainer
6 MAT-501	1/2" Stem/Cable Connector
7 MAT-543	Turn Knob (3/8" x 3/4")
8 MAT-546	8 mm Snap Link



Item #	Description	Dimensions
i MAT-706	Foam Roller	16" x 4 1/4" x 7/8"
ii MAT-703	Foam Roller	7" x 4" x 7/8"
iii MAT-701	Foam Roller	8" x 4" x 7/8"
iv MAT-709PU	PU Roller	8" x 4" x 7/8"
v MAT-710PU	PU Roller	7" x 4 1/2" x 7/8"

**MSR2-14** 14 Hole Stem Wt.: 2.5 lbs

**MSR2-19** 19 Hole Stem Wt.: 3.0 lbs

**MSR2-24** 24 Hole Stem Wt.: 4.0 lbs

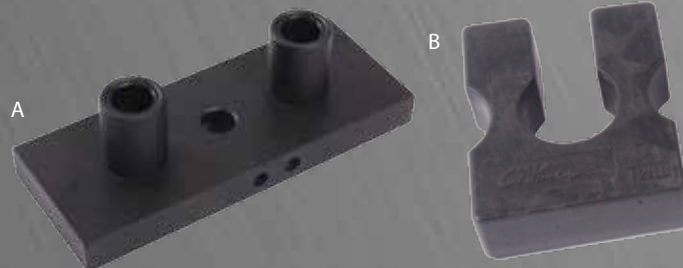
**MSCR-29** 29 Hole Stem Wt.: 5.0 lbs

**MA-150S** 1" x 84" Solid Guide Rod

**MA-151S** 3/4" x 84" Solid Guide Rod



Item #	Description
1 MK-2D/ MK-4D	Round Top Selector Key. Avail. in 4"/6"L
2 MK-2MY	Heavy Duty Magnetic Selector Pin; 4"L: Yellow
3 MK-2MR	Heavy Duty Magnetic Selector Pin; 4"L: Red
4 MK-2MB	Heavy Duty Magnetic Selector Pin; 4"L: Black
/ MK-4MY	Heavy Duty Magnetic Selector Pin; 6"L: Yellow (not pictured)
/ MK-4MR	Heavy Duty Magnetic Selector Pin; 6"L: Red (not pictured)
/ MK-4MB	Heavy Duty Magnetic Selector Pin; 6"L: Black (not pictured)



Item #	Description	Wt. (lbs)
A MASP-T10B	Black Top Plate for MASP-10	10.8
B MP-02.5A	Rubber Coated 2.5 lbs Add-on Plate (available in 5 lbs (MP-05A))	2.5
/ MASP-T05B	1" GR Not Shown	
/ MASP-T05A	3/4" GR Not Shown	
/ MASP-T10A	3/4" GR Not Shown	



Item #	Description	Dimensions
i MSP2	15% Steel Machine Plate Series*	5 lbs, 10 lbs, 15 lbs, 20 lbs
ii MASP	Steel Machine Plate Series w/ Cushion	5 lbs, 10 lbs, 15 lbs, 20 lbs
iii MMP	Cast Iron Machine Plate	5 lbs, 10 lbs, 20 lbs

\*Also available 5 lbs(MSP2A-5) and 10 lbs(MSP2A-10) with 3/4" Bushing

Item #	Description	Available Wt.
MSP2 SET	Weight Stack Sets available in cast, composite or all steel. Please ask your CAP account executive for details.	100 lbs, 200 lbs & 300 lbs sets 75 lbs, 150 lbs & 400 lbs sets



**HIC**

## 2" SOLID BUMPER PLATES

Item #	Wt. (lbs)	Dia (in)
OPR2-010	10.0	18.0
OPR2-025	25.0	18.0
OPR2-035	35.0	18.0
OPR2-045	45.0	18.0

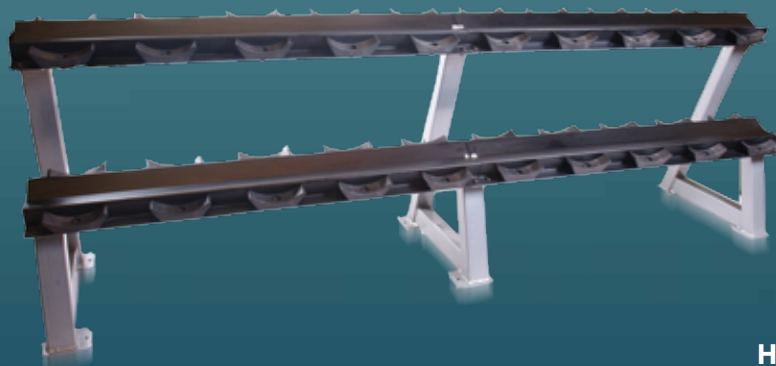


**RK-31**

**HIC**

## 52" THREE TIER STADIUM RACK

Holds	Wt. (lbs)	Length (in)	Width (in)	Height (in)	Capacity* (lbs)
SDG, SDR, SDPU	134.0	52.0	24.0	43.0	2000.0

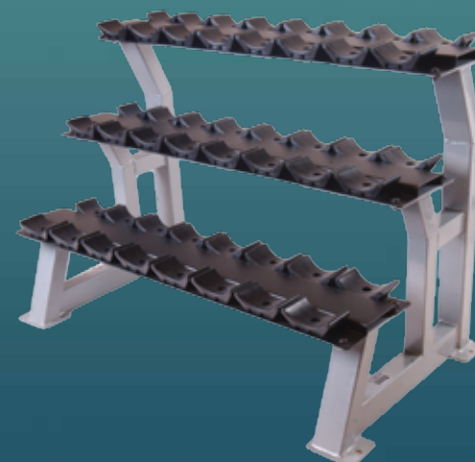


**RK-30**

**HIC**

## 95" TWO-TIER DUMBBELL RACK WITH SADDLES

Holds	Wt. (lbs)	Length (in)	Width (in)	Height (in)	Capacity* (lbs)
5-50 lbs 10 pairs of SDRC or SDU	130.0	96.0	26.0	32.0	2000.0

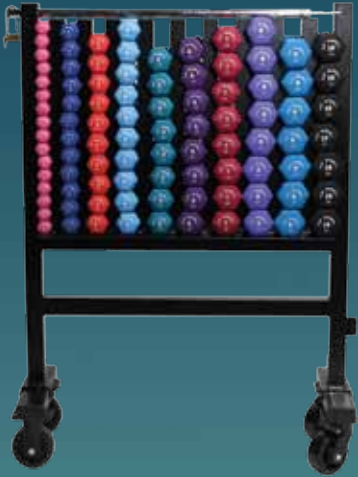


**RK-32**

**HIC**

## 44" THREE TIER BEAUTY BELL RACK

Holds	Wt. (lbs)	Length (in)	Width (in)	Height (in)	Capacity* (lbs)
3, 5, 8, 10, 12, 15-35lbs (increments of 5) 12 pairs of SDC & SDCG	86.0	42.0	24.0	31.0	1000.0



## LOCKING NEOPRENE DUMBBELL RACK

Item #: RK-10 (Rack Only)

Item #: RK-10W (4 x Wheels)

\* SDNS2-456W Shown  
Also available without RK-10W wheel option



## PRO-STYLE DUMBBELL HANDLES

Item #	Plate Cap.	Plate Type	Wght (lbs)
SDH-001	1 Plate	RPG, RPG#2, RP	2.0
SDH-002	2 Plates	RPG, RPG#2, RP	2.5
SDH-003	3 Plates	RPG, RPG#2, RP	3.0
SDH-004	4 Plates	RPG, RPG#2, RP	3.0
SDH-005	5 Plates	RPG, RPG#2, RP	4.0



## SDU

## COMMERCIAL URETHANE DUMBBELLS

5 lbs, 10 lbs, 15 lbs, 20 lbs to 120 lbs in increments of 5.



RK-34



RK-34A

## 2" VERTICAL BAR RACK/VERTICAL 2" PLATE & BAR RACK

	Holds	Wt. (lbs)	Length (in)	Width (in)	Height (in)	Capacity* (lbs)
RK-34	9x 2" Style Bars	26.0	33.0	13.0	7.0	N/A
RK-34A	4 x 2" Style Bars 2" Plates: OPHW, OP, OPG, OPG#2	23.0	42.7	20.0	27.0	1500 .0

\* The maximum weight capacity is not a claim by CAP Barbell or its affiliates, but is an estimation recommended to be the maximum weight the product can hold safely.

CAP continually designs and sells new and innovative strength pieces. Please ask your Account Executive for updated information frequently.



### FM-H1007A125

#### HOME GYM WITH 125 LBS WEIGHT STAND

Total Capacity* (lbs)	Wt. (lbs)	Dimensions (in)
300 (recommended)	198.3	46 x 33 x 84



### FM-H1007B

#### DELUXE HOME GYM WITH 80 LBS WEIGHT STAND

Total Capacity* (lbs)	Wt. (lbs)	Dimensions (in)
300	219.3	46 x 33 x 84



### FM-7105

#### OLYMPIC BENCH

Total Capacity* (lbs)	Wt. (lbs)	Dimensions (in)
500	93.0	74.4 x 46.5 x 52



### FM-7230

#### DELUXE STANDARD WEIGHT BENCH

Total Capacity* (lbs)	Wt. (lbs)	Dimensions (in)
300 (recommended)	35.2	66 x 32 x 47



### FM-7006

#### DELUXE VKR WITH CONVERTIBLE ADJUSTMENT

Total Capacity* (lbs)	Wt. (lbs)	Dimensions (in)
300 (recommended)	68.3	41 x 31 x 79

\* Total Capacity = weight of user + weight being used

\* The maximum weight capacity is not a claim by CAP Barbell or its affiliates, but is an estimation recommended to be the maximum weight the product can hold safely.



### FM-CSH1006

#### HOME GYM W/ 150 LBS STACK

Total Capacity* (lbs)	Wt. (lbs)	Dimensions (in)
300	255.0	58 x 41 x 85



### FM-CS6006

#### VKR STATION

Total Capacity* (lbs)	Wt. (lbs)	Dimensions (in)
300	85.0	42 x 45 x 84



### FM-704

#### F.I.D. BENCH

Total Capacity* (lbs)	Wt. (lbs)	Dimensions (in)
300	23.1	46 x 15 x 37



### FM-504

#### F.I.D. BENCH W/ DUMBBELL HOLDER

Total Capacity* (lbs)	Wt. (lbs)	Dimensions (in)
300	25.4	49.2 x 26 x 41.7



### FM-CS7003

#### DELUXE FLAT BENCH

Total Capacity* (lbs)	Wt. (lbs)	Dimensions (in)
300	23.0	43 x 14 x 18



### FM-CS704DX

#### UTILITY BENCH - DELUXE

Total Capacity* (lbs)	Wt. (lbs)	Dimensions (in)
300	26.4	57 x 18 x 15



### FMS-CS100P

#### BEGINNERS STANDARD BENCH W/ 100 LBS VINYL WEIGHT SET

Total Capacity* (lbs)	Wt. (lbs)	Dimensions (in)
300	141.1	59 x 54 x 48

\* Total Capacity = weight of user + weight being used

\* The maximum weight capacity is not a claim by CAP Barbell or its affiliates, but is an estimation recommended to be the maximum weight the product can hold safely.



**HHF-TN040** Pilates Band w/ Handle

Net Wt. (lbs)	Product Specs (in)	Color
0.5	29 x 6.8 x 0.5	Blue



**HHBA-TN002** Balance Board

Net Wt. (lbs)	Product Specs (in)	Color
1.9	15.6 x 15.6 x 3.2	Blue



**HHFS-TN006** Pilates Band Set  
(Light, Medium, Heavy)

Net Wt. (lbs)	Product Specs (in)	Color
0.5	47 (length) 4.6 x 1.2 x 6.5 (box)	Multi-color



**HHFS-TN002** Resistance Tubes

Net Wt. (lbs)	Product Specs (in)	Color
0.35	39.4 (length) 6.0 x 2.3 x 6.6 (box)	Green



**HHWV-TN012** 12 lbs Weighted Vest

Net Wt. (lbs)	Product Specs (in)	Color
12.0	13.5 x 2.5 x 13.5	Blue



1. **HHF-TN001LP** / 2. **HHF-TN001LG** /  
3. **HHF-TN001LB** Long Resistance Tubes

	Net Wt. (lbs)	Product Specs (in)	Color
1	0.31	42.9	Magenta
2	0.31	42.9	Green
3	0.31	42.9	Blue



**MT-TN6523** Fitness Mats (Roll Up)

Net Wt. (lbs)	Product Specs (in)	Color
1.7	68.1 x 24 x 0.4	Blue



1. **HHR-TN004A** / 2. **HHR-TN005** / 3. **HHR-TN002**  
Jump Ropes

	Net Wt. (lbs)	Product Specs (in)	Color
1	0.9	72 (length)	Black with Weights
2	0.5	72 (length)	Magenta & White
3	0.3	72 (length)	White



1. **HHB-TN001** / 2. **HHB-TN001BK** /  
3. **HHB-TN001G** (with Hot/Cold Gel Pack)  
Waist Slimmer Belts

	Net Wt. (lbs)	Product Specs (in)	Color
1	0.2	39.0 x 0.2 x 7.6	Grey
2	0.2	39.0 x 0.2 x 7.6	Black
3	0.7	39.0 x 0.2 x 7.6	Black



1. **HHWW-TN002** / 2. **HHWW-TN004**  
Soft Walking Weight Pairs

	Net Wt. (lbs)	Product Specs (in)	Color
1	2.0 (1.0 lb each)	5.3 x 1.5 x 1.8	Magenta
2	4.0 (2.0 lbs each)	6.5 x 2.0 x 2.0	Green

Visit [www.Tone-Fitness.com](http://www.Tone-Fitness.com) for more products and information.



## HHW-TN001 Ab Wheel

Net Wt. (lbs)	Product Specs (in)	Color
1.2	9.0 x 7.5 x 7.5	Magenta



## HHBA-TN001 Adjustable Step

Net Wt. (lbs)	Product Specs (in)	Color
6.3	26.8 x 11.0 x 3.9	Blue



## 1. SDKC-TN005 / 2. SDKC-TN007.5 / 3. SDKC-TN010 / 4. SDKC-TN015 Cement Filled Kettlebells (Individual)

	Net Wt. (lbs)	Product Specs (in)	Color
1	5.0	6.3 x 5.0 x 7.2	Magenta
2	7.5	7.1 x 5.6 x 8.1	Green
3	10.0	7.8 x 6.2 x 8.8	Blue
4	15.0	8.7 x 6.7 x 9.8	Purple



## 1. HHH-TN002W / 2. HHH-TN003W / 3. HHA-TN005W Ankle/Wrist Weight Pairs

	Net Wt. (lbs)	Product Specs (in)	Color
1	2.0	9.5 x 1.0 x 4.3	Magenta
2	3.0	11.3 x 1.0 x 4.8	Blue
3	5.0	14.0 x 1.0 x 5.0	Green



## 1. HHE-TN055 (55cm) / 2. HHE-TN065 (65cm) Burst Resistant Gym Balls \*comes with hand pump and workout DVD

	Net Wt. (lbs)	Product Specs (in)	Color
1	2.2	21.7 x 21.7 x 21.7	Magenta
2	2.2	25.6 x 25.6 x 25.6	Blue



## SDKCS-TN030 Cement Filled Kettlebell Set

1 x SDKC-TN005 Magenta, 1 x SDKC-TN010 Blue, 1 x SDKC-TN015 Purple, 1 x Workout DVD and 1 x Exercise Chart

Net Wt. (lbs)	Product Specs (in)
30.0	15.6 x 11.6 x 10.5 (box)



## 1. SDNHP-TN004 / 2. SDNHP-TN006 / 3. SDNHP-TN010 Hourglass Dumbbell Pairs

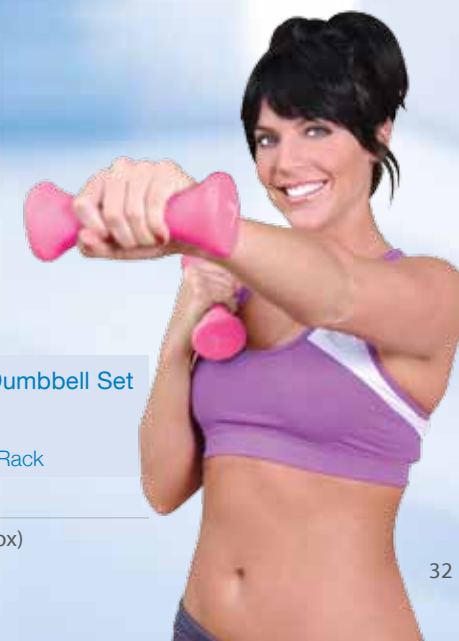
	Net Wt. (lbs)	Product Specs (in)	Color
1	4.0 (2.0 lbs each)	6.2 x 4.7 x 2.5	Magenta
2	6.0 (3.0 lbs each)	6.2 x 5.2 x 2.7	Green
3	10.0 (5.0 lbs each)	8.3 x 6.5 x 3.4	Purple



## SDNHS-TN020 Hourglass Dumbbell Set

2 x SDNH-TN002 Magenta, 2 x SDNH-TN003 Green, 2 x SDNH-TN005 Purple and 1 x Rack

Net Wt. (lbs)	Product Specs (in)
20.0	14.2 x 10.9 x 5.4 (box)



Visit [www.Velocity-Fitness.com](http://www.Velocity-Fitness.com)  
for more information.



### Recumbent Bicycle

Item #: CHB-R2003  
Resistance: Magnetic Control  
Size of Article: 59" x 25" x 36"  
Item Weight: 84 lbs  
Carton Size: 34" x 17" x 25"  
w/ Carton Weight: 91 lbs  
User Capacity\*: 250 lbs



### Rower

Item #: CHR-2001  
Resistance: Drum Magnetic Control  
Tension Control: Electric  
Size of Article: 80" x 20" x 25"  
Item Weight: 75 lbs  
Carton Size: 44" x 11" x 29"  
w/ Carton Weight: 90 lbs  
Includes wireless heart rate strap.  
User Capacity\*: 250 lbs



### Dual Motion Recumbent Bicycle

Item #: CHB-RGK862R  
Resistance: Magnetic Control  
Size of Article: 50" x 24" x 50"  
Item Weight: 81 lbs  
Carton Size: 45" x 10" x 33"  
w/ Carton Weight: 90 lbs  
User Capacity\*: 250 lbs



### Recumbent Bicycle

Item #: CHB-R2101  
Resistance: Magnetic Control  
Size of Article: 53" x 23" x 37"  
Item Weight: 53 lbs  
Carton Size: 36" x 11" x 22"  
w/ Carton Weight: 62 lbs  
User Capacity\*: 250 lbs



### Indoor Cycle

Item #: CHB-S0801  
Resistance: Manual / Magnetic Control  
Size of Article: 50" x 20" x 48"  
Item Weight: 91 lbs  
Carton Size: 39" x 12" x 36"  
w/ Carton Weight: 108 lbs  
User Capacity\*: 250 lbs



### Recumbent Bike

Item #: CHB-R6  
Resistance: Electric Tension Control  
Size of Article: 59" x 25" x 36"  
Item Weight: 84 lbs  
Carton Size: 42" x 13" x 26"  
w/ Carton Weight: 92 lbs  
User Capacity\*: 250 lbs



## Upright Bicycle

Item #: CHB-UNITRO

Resistance: Electric Tension Control

Size of Article: 38" x 19" x 49"

Item Weight: 48 lbs

Carton Size: 30" x 10" x 23"

w/ Carton Weight: 54 lbs

User Capacity\*: 250 lbs



## Indoor Cycle

Item #: CHB-S2002

Resistance: Manual

Size of Article: 51" x 20" x 41"

Item Weight: 90 lbs

Carton Size: 43" x 9" x 32"

w/ Carton Weight: 97 lbs

User Capacity\*: 250 lbs



## Indoor Cycle

Item #: CHB-S7X

Resistance: Manual

Size of Article: 43" x 20" x 44"

Item Weight: 111 lbs

Carton Size: 40" x 9" x 33"

w/ Carton Weight: 123 lbs

User Capacity\*: 250 lbs



## Indoor Cycle

Item #: CHB-SGK893

Resistance: Manual / Magnetic Control

Size of Article: 48" x 24" x 46"

Item Weight: 110 lbs

Carton Size: 38" x 10" x 36"

w/ Carton Weight: 117 lbs

User Capacity\*: 250 lbs



## Upright Bicycle

Item #: CHB-U2101

Resistance: Manual Control

Size of Article: 32" x 22" x 49"

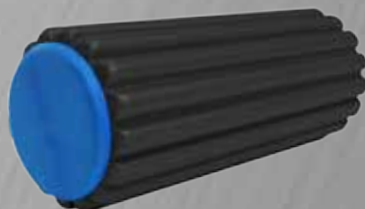
Item Weight: 42 lbs

Carton Size: 25" x 11" x 21"

w/ Carton Weight: 51 lbs

User Capacity\*: 250 lbs





### HHFR-FL18C

#### EXTREME ROLLER

Net Wt. (lbs)	Product Specs (in)
1.3	7.0 x 7.0 x 18.0



### HHFR-FL36

#### FOAM ROLLER

Net Wt. (lbs)	Product Specs (in)
1.3	36.0 x 5.9 x 5.9



### RSWB-FL040T

#### 40 LBS ADJUSTABLE DUMBBELL SET

Net Wt. (lbs)	Contents	Product Specs (in)
40.0	4 x 2 1/2 lbs Plates 4 x 6 lbs Plates 2 x Adjustable Dumbbell Handles 4 x Spin Collars	14.0 x 12.4 x 6.2



### FM-FLPRL

#### PARALETTES

Net Wt. (lbs)	Product Specs (in)
9.9	26.8 x 15.0 x 11.8



### FM-FLDIPR

#### DIP STATION W/ RINGS

Net Wt. (lbs)	Product Specs (in)
26.5	24.8 x 29.9 x 38.6



### FM-FLPLYO

#### ADJUSTABLE PLYOMETRIC BOX

Net Wt. (lbs)	Product Specs (in)
33.1	20.9 x 20.9 x 23.8 (max)



### HHP-FL001B

#### PUSHUP HANDLES - PAIRS

Net Wt. (lbs)	Product Specs (in)
1.9	10.2 x 6.5 x 5.5



### HHD-FL002

#### EXTREME DOORWAY GYM

Net Wt. (lbs)	Product Specs (in)
7.5	41.3 x 16.1 x 11.0



### HMM-FLBAG80

#### SANDBAG SET

Net Wt. (lbs)	Contents	Product Specs (in)
3.3	1 x Deluxe Sandbag 1 x Standard Sandbag 1 x Filler Bag	27.6 x 9.9 x 9.9



### HHE-FL065

#### EXERCISE BALL - 65CM

Net Wt. (lbs)	Contents	Product Specs (cm)
2.6	1 x 65cm Exercise Ball 1 x Hand Pump 1 x Exercise Chart 1 x Tape Measurement	65 x 65 x 65



### HHKC-FL008

#### 8 LBS RUBBER MEDICINE BALL

Net Wt. (lbs)	Product Specs (in)
8.0	8.9 x 8.9 x 8.9



### HHKC2-FL020

#### 20 LBS LEATHERETTE MEDICINE BALL

Net Wt. (lbs)	Product Specs (in)
20.0	10.6 x 10.6 x 10.6



### SDKBG-FL

#### NYLON WEIGHT BAG

Item #	Net Wt. (lbs)	Product Specs (in)
1 SDKBG-FL005N	5.0	6.3 x 3.2 x 6.5
2 SDKBG-FL010N	10.0	6.3 x 3.2 x 6.5
3 SDKBG-FL015N	15.0	6.5 x 4.3 x 8.9
4 SDKBG-FL020N	20.0	6.5 x 4.3 x 8.9



### HHWK-FL020A

#### WEIGHTED BODY KIT

Net Wt. (lbs)	Contents	Product Specs (in)
20.0	1 x Weighted Vest 2 x Ankle Weights 2 x Weighted Gloves 1 x Belt	14.8 x 2.0 x 17.7



### HMM-FLROP40

#### TRAINING ROPE

Net Wt. (lbs)	Product Specs (in)
22.0	480 (40 feet) x 1.5 x 1.5



# SELF®



1. HHWW-SF002 / 2. HHWW-SF004  
Walking Weight Pairs

	Net Wt. (lbs)	Product Specs (in)	Color
1	2.0 (1.0 lb each)	5.3 x 1.5 x 1.8	Green
2	4.0 (2.0 lbs each)	6.5 x 2.4 x 2.0	Blue



HHWV-SF008A  
8lbs Adjustable Weighted Vest

Net Wt. (lbs)	Product Specs (in)	Color
8.0	13.5 x 2.5 x 13.5	Black



HHR-SF004A Weighted Rope

Net Wt. (lbs)	Product Specs (in)	Color
0.9	72.0 x 1.6 x 1.8	Blue/Gray



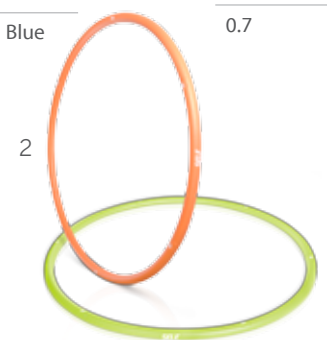
HHY-SF004 6p Free Yoga Mat

Net Wt. (lbs)	Product Specs (in)	Color
2.3	68.0 x 24.0 x 0.2	Blue



HHY-SF006 Travel Yoga Mat

Net Wt. (lbs)	Product Specs (in)	Color
0.7	24.0 x 68.0 x 0.6	Blue/Gray



1. HHWC-SFHH2 / 2. HHWC-SFHH3  
Weighted Fitness Hoop

	Net Wt. (lbs)	Product Specs (in)	Color
1	2.4 (1.1 kg)	39.6 x 39.6 x 39.6	Green
2	3.3 (1.5 kg)	39.6 x 39.6 x 39.6	Orange



SDKBG-SF Self Kettlebell

Item #	Net Wt. (lbs)	Product Specs (in)	Color
1 SDKBG-SF005	5.0	7.7 x 2.8 x 9.7	Green/Gray
2 SDKBG-SF008	8.0	7.7 x 2.8 x 9.7	Blue/Gray
3 SDKBG-SF010	10.0	7.7 x 2.8 x 9.7	Orange/Gray
4 SDKBG-SF015	15.0	7.9 x 3.2 x 11.4	Pink/Gray



HHKC-SF Self Medicine Ball

Item #	Net Wt. (lbs)	Product Specs (in)	Color
1 HHKC-SF004	4.0	5.5 x 5.5 x 5.5	Green
2 HHKC-SF006	6.0	6.1 x 6.1 x 6.1	Blue
3 HHKC-SF008	8.0	6.7 x 6.7 x 6.7	Orange
4 HHKC-SF010	10.0	7.1 x 7.1 x 7.1	Pink



## PLANS FOR RETAIL SPACE

Our new packaging is clean and informative, allowing customers to easily identify features and functions of the enclosed product. All package designs will be sure to add color and draw attention to your fitness accessories' shelves!

CAP also has the ability to provide private label packaging. Ask your account executive for details.

# CAP<sup>®</sup>

## RETAIL PLANOGRAM

### FIXTURES



RK-11  
(Signage included)



RK-4  
(Signage not included)



RK-78

### PLANOGRAMS



CAP Planogram



Tone Fitness Planogram



Self Planogram



Fuel Planogram

Customized Storage Fixturing available! Ask your Account Executive for more information.



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